

Moore Family Bread Recipe
w/Sprouted Wheat Flour
(Adapted from recipe given to me by Tracy Moore)

In a large bread mixing machine, (like a Bosch), mix together the following:

6 ½ c. hot water

¾ c. olive oil

¾ c. honey

1 T. sugar

5 tsp. salt

8 c. sprouted whole wheat flour

1 c. white all purpose flour

¾ c. powdered milk

Mix all together on speed 2 or 3 for 1 min. then add:

4 T. dry yeast

Mix at speed 2 for 2 min.

Add 8-9 c. more sprouted wheat flour and mix at speed 1 for 9 min.

At this point, test and see if your dough is stretchy and not too sticky. If it is too sticky, add more flour a cup at a time and mix longer. If it is not stretchy, mix longer.

The dough will be slightly sticky. Dump it out on an oiled surface and with oiled hands, form into loaves. This recipe will easily make 6 large loaves.

Bake in a 350° F for 35-40 min. Let the loaves sit in the pans for 10 min. before turning out onto wire racks.